GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:10	FE-1	SUBSA: removal of specimens
08:10-08:25	FE-1	SUBSA: changeout of microdrive unit
08:25-08:35	FE-1	SUBSA: videotape removal
09:35-09:45	FE-1	MSG powerdown
09:50-10:00	FE-1	Installation/setup of equipment for PAO event
10:00-10:10		Preparation for PAO event
10:10-10:20		Support of the Space Day event in Germany
10:25-11:55	FE-1	Physical exercise (RED)
10:30-11:30	FE-2	Physical exercise (TVIS) – Active Rest
11:30-12:00	FE-2	Physical exercise (Active Rest)
11:30-12:30	CDR	Physical exercise (TVIS) – Active Rest
11:55-12:55	FE-1	Physical exercise (CEVIS)
12:55-13:55		LUNCH
13:55-14:05	FE-1	Daily payload status check
15:15-15:30	FE-1	Private family conference (S-band)
15:30-16:30	CDR	Physical exercise (TVIS) – Active Rest
16:30-17:00	CDR	Physical exercise (Active Rest)
16:45-17:00	FE-2	Private family conference (S-band)
17:00-17:15	CDR	Private family conference (S-band)
17:15-17:55	CDR	СОЖ maintenance
17:15-18:15	FE-2	Physical exercise (VELO + Load Trainer) – Active Rest
17:55-18:00	CDR	CΠ counter calldown
18:00-18:05	CDR	CBO data calldown
18:15-18:40		Daily plan review
18:40-18:55		Daily planning conference (S-band)
18:55-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note:

- 1. See OSTP for references to US activities.
- 2. Task List :
 - URAGAN
 - DIATOMEA

End of radiogram